

Soldier Fitness Tracker Information

Prior to your appointment, we would like you to answer a few questions about your current health habits to help us develop your individual wellness plan. Please click the link below to log in to the survey. As you complete the survey, follow the instructions, answer each question carefully, update any information that is not current, and click "continue" until you reach the end of the survey. We look forward to your visit!

You will need an AKO username and password to log in to the site.

The website can be accessed through the following link:

<https://www.sft.army.mil/awc-FortWainwright>



Call for an appointment today!

907.361.2234

General Information

Address and Location:

1060 Gaffney Rd., Building 4077

Ft. Wainwright, AK 99705

Located across the parking lot from Bassett Army Community Hospital in Preventative Medicine, building 4077.

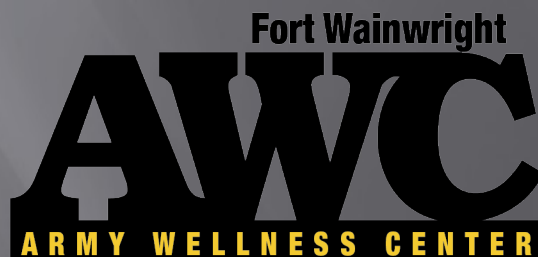
Hours of Operation:

Monday-Friday 0700-1600

The Army Wellness Center is closed for federal holidays, training holidays, and lunch 1230-1330

For Appointments and Information Call:

(907) 361-2234



Information Page and Preparation Guidelines: Bod Pod Testing

The BOD POD is used to measure an individual's body composition (body fat percentage). Its technology is fundamentally the same as underwater (hydrostatic) weighing, using air instead of water to measure volume. The BOD POD offers a fast, safe, and easy-to-use tool for measuring body composition, without sacrificing accuracy.

Instructions for Bod Pod Testing

- ✓ No food (including gum, candy, mints), drink (except water), tobacco, caffeine, or over-the-counter medications (including vitamins and supplements) for 5-hours prior to the test. Prescription medications should be taken as prescribed.
- ✓ Subjects will be wearing minimal clothing for the body composition test (BOD POD). Men: wear spandex (Under Armour/Lycra material) like speedos or compression shorts; Women: wear spandex swimsuit or spandex shorts with sports bra (no underwire and no cotton).
- ✓ No physical activity (i.e. running, biking, exercising, brisk walking) for 5-hours prior to test.
- ✓ *A lack of preparation may cause inaccurate test results, therefore, appointments will need to be rescheduled for those not following the preparation guidelines above.*



Information Page and Preparation Guidelines for Metabolic Testing

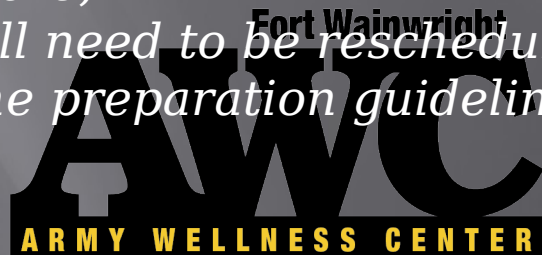
Metabolic Assessment (2 part appointment; initial assessment, followed by “Upping Your Metabolism” class (approximately 1 hour in length). This advanced testing technique accurately determines the amount of calories burned at rest using indirect calorimetry. Establishing whether a person’s metabolism is normal, fast or slow defines how many calories their body needs each day. Clients will receive individual results for weight management during the follow up metabolism class.

Instructions for Metabolic Testing

- ✓ No food (including gum, candy, mints), drink (except water), tobacco, caffeine, or over-the-counter medications (including vitamins and supplements) for 5-hours prior to the test. Prescription medications should be taken as prescribed.

- ✓ *A lack of preparation may cause inaccurate test results, therefore,*

appointments will need to be rescheduled for those not following the preparation guidelines above.



Information Page and Preparation Guidelines for Fitness Testing

The Fitness Test administered at the Army Wellness Center, measures the 5 components of physical fitness: body composition, cardiovascular fitness, musculoskeletal strength, musculoskeletal endurance and flexibility. Clients will receive an exercise prescription based on their individual fitness goals.

Instructions for Fitness Testing

- ✓ No food (including gum, candy, mints), drink (except water), tobacco, caffeine, or over-the-counter medications (including vitamins and supplements) for 2-hours prior to the test. Prescription medications should be taken as prescribed.

- ✓ Wear or bring running shoes, shorts, and loose fitting shirt.

Women

are required to wear a sports bra or bra without underwire.

- ✓ Remove all make-up and lotion prior to the fitness test appointment.
- ✓ No physical activity (i.e. running, biking, exercising, brisk walking) for 4-hours prior to test.
- ✓ *A lack of preparation may cause inaccurate test results, therefore, appointments will need to be rescheduled for those not following the preparation guidelines above.*

